

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 35: Frequency of Physical Activity in the Past Week Among California Adolescents

Within the last week, did you participate in any physical activities, exercise or sports? Include time spent in physical education class.

How many times during the past week did you participate in physical activities, exercise or sports?

	Number of Times Adolescent Reported Physical Activity in the Past Week, % of Adolescents				
	Any Physical Activity	0	1-2	3-4	5+
Total	90	10	10	22	58
Gender					
Males	94 ***	6	10	21	62 ***
Females	86	14	10	22	54
Ethnicity					
White	93 *	7	8	22	64 ***
African American	86	14	14	16	56
Latino	88	12	13	21	53
Asian/Other	90	10	9	28	52
Gender by Age					
Males					
12-13	96 *	4	13	17	66 *
14-15	96	4	9	26	61
16-17	90	10	9	22	59
Females					
12-13	96 ***	4	12	24	60 ***
14-15	84	16	8	20	56
16-17	78	22	10	23	45
Smoking Status					
Non-Smokers	91	9	11	21	59
Smokers	88	12	5	27	56
Physical Activity Status					
Regular	N/A	N/A	N/A	N/A	N/A
Irregular	N/A	N/A	N/A	N/A	N/A
Overweight Status					
Not at Risk	90	10	9	21	60
At Risk/Overweight	92	8	11	26	54

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day

Yesterday, did you participate in any physical activities, exercise or sports?
For how many minutes or hours did you do this activity?

	One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, % of Adolescents
Total	41
Gender	
Males	51 ***
Females	30
Ethnicity	
White	44 *
African American	44
Latino	35
Asian/Other	42
Gender by Age	
Males	
12-13	42 ***
14-15	52
16-17	59
Females	
12-13	31
14-15	34
16-17	26
Smoking Status	
Non-Smokers	38 **
Smokers	52
Physical Activity Status	
Regular	N/A
Irregular	N/A
Overweight Status	
Not at Risk	42
At Risk/Overweight	42

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically

Chi Square Test

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents

What type of physical activity or sport did you spend the most time doing yesterday?

How far did you Jog/Run/Swim/Walk yesterday?

For how many minutes or hours did you do this activity?

Was there another physical activity, exercise or sport that you participated in yesterday? What?

How far? For how many minutes or hours?

	Reporting 1 Hour or More of Vigorous Physical Activity¹ % of Adolescents	Mean Minutes of Vigorous Physical Activity²	Mean Minutes of Moderate Physical Activity²
Total	29	47	24
Gender			
Males	37 ***	62 ***	30 **
Females	20	30	18
Ethnicity			
White	30 **	49 ^a ***	30 ^a **
African American	31	50 ^{abc}	28 ^{ab}
Latino	24	36 ^b	20 ^{ab}
Asian/Other	38	68 ^c	8 ^b
Gender by Age			
Males			
12-13	31 *	51	18 ^a *
14-15	35	64	40 ^b
16-17	44	70	33 ^b
Females			
12-13	22	34 ^{ab} *	18
14-15	23	36 ^a	16
16-17	15	22 ^b	18
Smoking Status			
Non-Smokers	28	45	19 ***
Smokers	31	50	51
Physical Activity Status			
Regular	34 ***	55 ***	29 ***
Irregular	8	13	6
Overweight Status			
Not at Risk	31 *	48	22 *
At Risk/Overweight	23	45	33

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 38: Belief by California Adolescents About the Amount of Moderate and Vigorous Physical Activity Needed for Good Health

For good health, how many days a week do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports?

On these days, how many minutes or hours do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports for good health?

	Mean Minutes of Physical Activity Believed Needed ¹		Minutes of Physical Activity Believed Needed, ² % of Adolescents		
	Vigorous Physical Activity	Moderate Physical Activity	Less than 30	30-59	60+
Total	20	21	10	62	28
Gender					
Males	19	21	12	60	27
Females	21	22	8	63	28
Ethnicity					
White	20	22	9	65	27
African American	19	21	18	56	27
Latino	20	21	13	60	28
Asian/Other	22	23	3	63	35
Gender by Age					
Males					
12-13	19	22	13	58	29
14-15	19	18	15	63	22
16-17	19	22	9	61	30
Females					
12-13	20 ^{ab} *	21	9	67	24
14-15	19 ^a	22	7	68	25
16-17	24 ^b	22	9	56	35
Smoking Status					
Non-Smokers	19	22	11	62	28
Smokers	23	20	10	55	35
Physical Activity Status					
Regular	20	22	9	63	28
Irregular	20	21	15	58	27
Overweight Status					
Not at Risk	20	22	9	64	27
At Risk/Overweight	21	22	14	54	33

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Some numbers may not add to 100 percent due to rounding.

¹ ANOVA

² Chi Square Test

* p<.05

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents

Do you currently take physical education class in school?

How many times a week do you have physical education class in school?

Other than physical education class, are you currently involved in any team or individual sports or activities such as school sports, intramural sports, or out-of school programs?

	Taking Physical Education in School,¹ % of Adolescents	Mean Reported Days of Physical Education per Week²	Involved in Organized Sports,¹ % of Adolescents
Total	76	4.4	41
Gender			
Males	77	4.3	47 ***
Females	75	4.5	35
Ethnicity			
White	74	4.4	46 **
African American	70	4.2	37
Latino	78	4.4	36
Asian/Other	79	4.5	38
Gender by Age			
Males			
12-13	91 ***	4.1 ^a **	50
14-15	85	4.5 ^b	41
16-17	56	4.5 ^b	48
Females			
12-13	95 ***	4.3 ^a **	41
14-15	79	4.6 ^b	34
16-17	50	4.6 ^b	30
Smoking Status			
Non-Smokers	78 ***	4.4 *	42 **
Smokers	57	4.6	30
Physical Activity Status			
Regular	81 ***	4.4 **	45 ***
Irregular	56	4.1	27
Overweight Status			
Not at Risk	74 **	4.4	43 **
At Risk/Overweight	82	4.5	32

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 40: Duration of Sedentary Activities Among California Adolescents

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
Total	131	22
Gender		
Males	134	24
Females	126	21
Ethnicity		
White	110 ^a ***	23 ^a ***
African American	188 ^c	17 ^a
Latino	139 ^b	17 ^a
Asian/Other	143 ^b	42 ^b
Gender by Age		
Males		
12-13	138 ^b *	26
14-15	142 ^{ab}	23
16-17	124 ^a	22
Females		
12-13	136 ^c ***	27 ^b **
14-15	130 ^{bc}	20 ^{ab}
16-17	112 ^a	16 ^a
Smoking Status		
Non-Smokers	133	23
Smokers	124	22
Physical Activity Status		
Regular	127 *	23
Irregular	144	20
Overweight Status		
Not at Risk	127 *	22
At Risk/Overweight	145	24

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

Analyses performed on log transformed data.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 41: Reasons Why California Adolescents Are Physically Active

What is the main reason you get exercise or physical activity?

	Main Reasons Reported, % of Adolescents			
	Health	Strength/ Exercise	Other ¹	Fun
Total	30	30	21	20
Gender				
Males	28	32	15	25
Females	32	26	26	16
Ethnicity				
White	26	28	20	26
African American	28	41	24	7
Latino	33	30	20	17
Asian/Other	31	26	22	20
Gender by Age				
 Males				
12-13	33	28	13	26
14-15	24	31	18	27
16-17	25	38	15	21
 Females				
12-13	40	20	20	20
14-15	25	33	32	11
16-17	30	27	26	16
Smoking Status				
Non-Smokers	31	28	21	21
Smokers	23	38	20	19
Physical Activity Status				
Regular	29	31	19	21
Irregular	32	24	27	16
Overweight Status				
Not at Risk	28	30	20	23
At Risk/Overweight	31	29	25	14

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Feels Good," "Lose Weight," "Friends do it," "Important," and "Reduce stress"

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 42: Barriers to Getting More Physical Activity Among California Adolescents

What is the main reason you don't get more exercise or physical activity?

	Barriers to Getting More Physical Activity, % of Adolescents			
	No Time	Other ¹	Too Tired	Already Get Enough
Total	52	25	14	9
Gender				
Males	50	24	15	11
Females	55	25	13	7
Ethnicity				
White	57	23	10	10
African American	42	33	20	5
Latino	47	25	18	10
Asian/Other	56	24	12	8
Gender by Age				
Males				
12-13	46	27	16	11
14-15	50	22	17	11
16-17	52	23	13	11
Females				
12-13	52	27	11	10
14-15	60	26	9	5
16-17	52	23	18	6
Smoking Status				
Non-Smokers	52	24	13	10
Smokers	55	24	18	3
Physical Activity Status				
Regular	55	22	14	10
Irregular	41	35	16	8
Overweight Status				
Not at Risk	55	23	13	10
At Risk/Overweight	43	31	19	7

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Don't like," "Not important," "Don't have safe place," "Don't look good while doing it," "Physically unable," and "Don't have the right equipment."

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 43: Cross Tabulation of Level of Physical Activity Among California Adolescents with Belief About How Much Physical Activity Is Needed

For good health, how many days a week do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports?

How many times during the past week did you participate in physical activities, exercise or sports?

What type of physical activity or sport did you spend the most time doing yesterday?

For how many minutes or hours did you do this activity?

		Mean			
		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Think You Should be Moderately Active 5+ Days/Week	Yes	5.6 ***	28 *	53 **	81 ***
	No	4.7	20	41	61

		Mean			
		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Think You Should be Vigorously Active 5+ Days/Week	Yes	5.2 **	25	48 *	73 **
	No	4.1	12	28	40

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity Is Needed

On days when you do physical activity, exercise or sports how many minutes or hours do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports for good health?
 What type of physical activity or sport did you spend the most time doing yesterday?
 For how many minutes or hours did you do this activity?

		Believed Amount Needed % of Adolescents	Time Spent in Physical Activity, % of Adolescents		
			Less than 30	30-59	60+
Minutes Thought Were Needed	Less than 30	10	43	44	48
	30-59	62	12	22	22
	60+	28	44	34	29

Some numbers may not add to 100 percent due to rounding.

Differences are not statistically significant.